



RACING SCHEDULE IS NOT FINALIZED

2025

SEPTEMBER CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST 24	AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30
			XC Student Information Meeting 3:00-3:30 PM			
AUGUST 30	1	2	3	4	5	6
Week 1 *Turn In Permission Slips*	Labor Day No School		XC Kick Off Practice 3:00-4:30 PM *Turn In Permission Slips*	XC Practice 3:00-4:30 PM *Turn In Permission Slips		
7	8	9	10	11	12	13
Week 2	XC Practice 3:00-4:30 PM		XC Practice 3:00-4:30 PM	XC Practice 3:00-4:30 PM		
14	15	16	17	18	19	20
Week 3	XC Practice 3:00-4:30 PM		XC Practice 3:00-4:30 PM	Race @ Caper Acres Chico Jr vs, Nord, Notre Dame, Paradise Jr, Providence, CCDS 3:45 Girls Start 4:05 Boys Start		
21	22	23	24	25	26	27
Week 4	XC Practice 3:00-4:30 PM		XC Practice 3:00-4:30 PM	Race @ Hooker Oak Chico Jr vs, Marsh, Paradise Jr, Nord, Providence 3:45 Girls Start 4:05 Boys Start		

REMINDERS

- **Don't forget your running shoes**
- Eat a healthy breakfast and lunch
- Pack a snack bar for post run refueling
- Hydrate with water and electrolytes. Drink half you body weight in ounces every day.
- Bring a positive attitude, be kind and courteous
- Be ready to run, work hard & at practice by 3:00 PM
- Leave your cell phone in your locker.
- Be Safe - Follow all traffic laws, run with a partner and stay on the described route

Parents will need to provide transportation to races at Hooker Oak Park

STRENGTH

Core Workout

30-60 Seconds Each

- Sit Up + Cross Over
- Plank (Left, Center, Right)
- Flutter Kicks
- Mt. Climbers

Body Strength

5-10 X Single Leg Deadlift
5-10 X Pistol Squat
5-10 X Single Leg Calf Raises
10-20 X Push Up
10-20 Frog Jump / Box Jump
10-20 Lunges
10-20 Step Up

RECOVERY

- Refuel & Rehydrate - Eat Healthy
- Rest - An athlete needs 9-10 hours of sleep every night
- Stretch & foam roll at home

If you are experiencing pain, communicate with a coach



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OCTOBER CONSISTENCY IS KEY

SUN	MON	TUE	WED	THU	FRI	SAT
SEPT. 28 Week 5	SEPT. 29 XC Practice 3:00-4:30 PM	SEPT. 30	OCT. 1 XC Practice 3:00-4:30 PM	2	3	4 RACE @ Butte College All Schools Event 4:20 Jr High girls 4:40 Jr High boys 5 PM Open Elementary School Aged Race
5 Week 6	6 XC Practice 3:00-4:30 PM	7	8 XC Practice 3:00-4:30 PM	9 Race @ Hooker Oak Chico Jr vs. Bidwell Jr, CCDs, Notre Dame, Paradise Charter 3:45 Girls Start 4:05 Boys Start	10	11
12 Week 7	13 XC Practice 3:00-4:30 PM	14	15 XC Practice 3:00-4:30 PM	16 XC Practice 3:00-4:30 PM	17	18 RACE @ Hooker Oak Chico High Autumn Cross Country Invite 1:00 PM boys 1:25 PM girls
19 Week 8	20 XC Practice 3:00-4:30 PM	21	22 XC Practice 3:00-4:30 PM	23 XC Championships All Schools 3:45 Girls Start 4:05 Boys Start Hooker Oak Park	24	25
16	27	28	29 End of Season Celebration 3:00 - 4:30 PM @ Caper Acres. Parent Pick Up at Caper Acres	30	31	NOV. 1

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